



# 2024 Annual Stingrays' June Jamboree

## Friday June 21<sup>st</sup> to Sunday June 23<sup>rd</sup>, 2024

Sanctioned by Swim BC: # 42009

Meet Referee: Brian Bikadi  
 Meet Managers: Pierre Graham & Kendra Stiwich  
[meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com)

Venue: Cowichan Aquatic Centre  
 2653 James St, Duncan BC, V9L2X5

### Friday:

4 x 25m Competition Pool  
 No Access to Wave Pool

### Saturday & Sunday:

8 x 25m Competition Pool  
 3 x 25m Wave Pool

**Timing System:** Friday: Manual; Sat/Sun:  
 Colorado electronic touch pads + display

Warm Up and Sessions Times		
Session 1: Friday	Warm Up	4:00 – 4:35
	Racing	4:40 – 7:00
Session 2: Saturday	Warm Up	1:00 – 1:50
	Racing	2:00 – 7:00
Session 3: Sunday	Warm Up	1:00 – 1:50
	Racing	2:00 – 7:00

### Safe Sport Statement

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

### Eligibility

- All swimmers must be registered with a Swimming Canada / Swim BC or other World Aquatics affiliated organization.
- Swimmer age is based on age as of June 21, 2024
- Entry times are to be submitted in SC Metres established to the hundredth of a second. Converted LC Metre times will be accepted (-2%).

### Meet Rules:

- This meet will be conducted under Swimming Canada rules and regulations.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
- In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
- Swim BC warm up procedures will be in effect and monitored by Safety Marshals.
- All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
- All events will be swum as mixed gender, Senior Seeded, swum slowest to fastest EXCEPT 800/1500 Freestyle (fastest to slowest)
  - Being mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records.
- 25m events are for Novice swimmers only.

### Entries

- Entries will be limited to 200 swimmers per session.
- Individual entries are limited to a maximum of three (3) events per session for VIR teams.
  - In consideration for off Island teams, swimmers may enter a maximum of four (4) events per session.
- Anticipated numbers would be appreciated and can be sent to [meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com)
- Entry Fee is:
  - \$11 per individual event
  - \$0 per relay event
  - \$5 per swimmer Swim BC Competition Surcharge
- Entries must be uploaded to swimming.ca prior to the deadline. **Entries emailed directly to the MM will not be accepted.**

**Entries Deadline: Monday, June 17<sup>th</sup>, 2024**

- No Charge Scratch Deadline: Thursday, June 20<sup>th</sup>, 2024 @ 12pm.
  - Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive refund of meet fees PRIOR to the conclusion of the competition. There will be no other refunds made after the scratch deadline.
- Deck entries will be accepted as a first come, first served basis and only to fill empty lanes. No new heats will be created. Deck entries will be swum as exhibition only.
  - Swimmer Name + DOB + SNC ID + payment in hand required.
- Please make cheques payable to **Duncan Swim Team Society** or send your Email Money Transfer (EMT) to [admin@duncanstingrays.com](mailto:admin@duncanstingrays.com).



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### Individual Events

- There are no Qualifying Times (QTs).
- Age Group for all events will be: 8yrs & Under, 9/10yrs, 11/12yrs, 13/14yrs, 15yrs & Over.
- Friday competitors: please be prepared to provide your own timers.

### Relay Events

- There is no limit to numbers of Teams entered per event.
- There are no qualifying times for relays, however entry times should be submitted for seeding purposes.
- Teams are encouraged to enter 2 x female + 2 x male swimmers for the Mixed Medley Relay (Event 13).
  - Teams may enter 1 + 3 but must have both genders on the Relay Team.
- Swimmers participating in relay events only must be identified on entries as "RELAY ONLY SWIMMERS".
- Please try to submit names with your relay entries.
- Relay name changes can be submitted to the Clerk 45 minutes prior to the start of the session.

### Awards & Scoring:

- Heat Winner prizes will be awarded to all Heat Winners as well as all 25m Events participants.
- Ribbons for 1<sup>st</sup> – 8<sup>th</sup> place will be awarded per age group.

### Officials:

DST gratefully appreciates assistance from visiting Teams.  
<https://www.duncanstingrays.com/event/dsts-annual-june-jamboree-2024-6-21> to sign up.

Volunteers will receive a seat poolside as well as being entered into a raffle for gift cards in every Session.

Friday, June 21 <sup>st</sup> , 2024	
Session	Warm up 330 – 4:05
1	Racing 4:10 – 6:00
1	400 Freestyle
2	400 Individual Medley
3	800 Freestyle
4	1500 Freestyle
Saturday, June 22 <sup>nd</sup> , 2024	
Session	Warm Up 100 - 150
2	Racing 200 – 700
5	200 Individual Medley
6	25 Freestyle*
7	100 Freestyle
8	50 Backstroke
9	25 Breaststroke*
10	100 Breaststroke
11	50 Butterfly
12	4 x 25 T – Shirt Relay
Sunday, June 23 <sup>rd</sup> , 2024	
Session	Warm Up 100 – 150pm
3	Racing 200 – 700pm
13	4 x 50 Mixed Medley Relay
14	200 Freestyle
15	25 Butterfly*
16	100 Butterfly
17	50 Freestyle
18	25 Backstroke*
19	100 Backstroke
20	50 Breaststroke
21	100 Individual Medley
22	FUN Relay TBD

\*25m Events for Novice only



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## COMPETITION WARM-UP SAFETY PROCEDURES

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Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

### EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

### VIOLATIONS:

***It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

### **PARA SWIMMER NOTIFICATION:**

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

**"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**